

ESTABLISHED 86 YEARS.

**HANDY
BOOK
FOR
LADIES.**



PUBLISHED BY...

**E. T. TOWLE
& CO. L^{TD.},**

NOTTINGHAM.

**ESTABLISHED
1826.**

PROPRIETORS OF

**TOWLE'S PENNYROYAL and
STEEL PILLS,**

TOWLE'S TOILET TOWELS,

TOWLE'S FEMALE

CORRECTIVE MIXTURE,

Etc.



Notice.

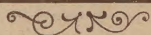


- 1.—When ordering goods please give number and price of article required.
- 2.—Please write full name and address distinctly, to prevent mistakes in addressing.
- 3.—All orders are sent by return of post, except in the case of belts and surgical appliances, which require a few days to make.
- 4.—All orders and correspondence to be addressed to
THE MANAGERESS, Dept. "B."
c/o E. T. Towle & Co. Ltd.,
Manufacturing Chemists,
Nottingham.
- 5.—Remittances to be made by Postal or Money Order, and should be made payable to
E. T. Towle & Co. Ltd., and crossed & Co.
to prevent loss.
- 6.—Advice given on any subject gratis. Please address
"The Manageress," and enclose stamped addressed envelope for reply.
- 7.—As many Chemists will not stock our Specialities, and invariably endeavour to substitute worthless, inferior, and injurious preparations of their own, to avoid disappointment and delay they may be always obtained direct per return, securely packed and free from observation, upon receipt of Post Office Order or Money Order. Insist upon having TOWLE'S, and none other, they are a household word throughout the English speaking world, and have stood the test of over half a century.

22500836646

NEW BOOKLET.

INTRODUCTION.



Dear Madam,

In presenting this little booklet to you, we take the opportunity of asking your kind indulgence to peruse it, trusting that you will find it both useful and instructive.

We would specially commend to your notice the Toilet Towels ; these are a great improvement on the old-fashioned article, and “ just as cheap.”

We shall be pleased to advise you on any subject where we are able, of which you are in doubt, and it is perhaps needless to add that it is our inviolable rule to treat all letters as strictly confidential.

Awaiting your favours,

Yours faithfully,

THE MANAGERESS,

E. T. Towle & Co. Ltd,

ESTABLISHED 86 YEARS

[1912]

WP 520-1912-7744

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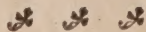
Points to Remember:

INSIST ON HAVING

TOWLE'S

Pennyroyal and
Steel PILLS.

TAKE NO OTHER.



THAT THE ONLY ADDRESS IS

LONG ROW, NOTTINGHAM.



THAT OUR

TESTIMONIALS

are GENUINE and
UNSOLICITED,

AND THE FEW PRINTED IN THIS BOOKLET SPEAK VOLUMES FOR
THE EFFICACY OF OUR MEDICINES.

FATE OF WOMEN.

THE fate of woman is everywhere an inheritance of suffering. From an early age, she is prepared by nature to perform her duty and destiny, as a mother of the human race. From the age of puberty (the menstrual flow) to the change of life, she is always, both physically and mentally, liable to suffering. It is our intention to address a few words on the various ailments, which so commonly abound during this stage of womanhood.

Leucorrhœa.—This ailment, commonly called the Whites, is one of the most prevalent among women, and is very weakening to the physical and mental system. Unless steps are at once taken to remove the derangement, it is always sure to lead to serious complications, in fact, Leucorrhœa is generally the forerunner of serious trouble, such as tumours, cancers, growths, etc., etc.

The discharge very often gets irritating and offensive; besides, the patient grows anæmic, gets tired with the least exertion, grows pale, loses flesh, the functions of the stomach and bowels become deranged, headache, dyspepsia, palpitation of the heart, shortness of breath, and hysteria become the everyday companion of the patient. No wonder, then, that so many of the female sex are always "off colour," as the saying goes.

We can well understand the wife or mother being out of temper, always out of sorts, refuses to be sociable, and if the cause of it was only known to the patient herself, what happiness there would be restored to thousands of homes to-day. In fact, the majority of cases of tumours, cancers, growths, etc., etc., which are so commonly found in females to-day, nearly all arise from some functional derangement, and too great care cannot be exercised, nor too much thought be applied to the extreme care and well-being of the body.

In cases where the first signs of Leucorrhœa shows itself *Towle's Pennyroyal and Steel Pills* should be taken at once;

better, also, would it be if syringing with *Towle's Antiseptic Tablets* be used, as they are thoroughly antiseptic and clean, and most desirable in this very irritating and unpleasant complaint.

Painful and Scanty Periods is a common complaint, and in the great majority of cases a time of unbearable agony and distress, and there are numberless instances where, instead of having a kindly natural process, a time of severe torture and agony is experienced. In all such cases as these, *Towle's Pennyroyal and Steel Pills* are the only and true specific, and have stood the test of seventy-five years' constant use.

By taking *Towle's Pennyroyal and Steel Pills* they tone up the system, so that nature is able to perform its own work naturally and painlessly.

A word may not be out of place here to remind mothers of the maternal duty that rests on them when their daughters have arrived at that age when the whole system entirely changes, and the progress to womanhood commences. How often do mothers, out of misplaced modesty, neglect to advise and instruct their daughters of the great and wonderful change which is taking place in their system, and how often is the misplaced modesty the cause of so many illnesses, very often fatal, yet all could have been avoided by a little motherly advice.

Mothers, it is your duty, your greatest duty, to see that your daughters are not left in ignorance of the changes that affect them at this very critical period of life, and to provide them with a proper and safe remedy, that will remove any obstruction, and so establish this very important function in the safest and easiest way. A good beginning, or start, makes the difference between a fine healthy active girl, full of life, and a boon companion in the home, and a weak, pale, anæmic, torture suffering patient on the verge of consumption or something equally serious, who is a burden to herself and her family. Whatever you do, do not fail to do your duty in assisting your daughters with that advice so imploringly appealed for. There

is no question of modesty at stake, it is your most important duty, and by neglecting to advise them you forfeit that motherly tenderness and care which is the highest ambition of every woman.

Towle's Pennyroyal and Steel Pills are invaluable at this period of the young woman's life. Not only do they greatly assist the natural functions, but often, very often, bring away obstructions that may in after years be productive of great misery and sickness, through not having been discharged at the time nature demanded.

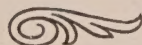
For all Menstrual Disorders, from whatever cause arising, *Towle's Pennyroyal and Steel Pills* are a safe remedy. Nothing is equal to them, nor so good. They have stood the test of eighty-four years experience, and are still at the front. *Towle's Pennyroyal and Steel Pills* are a household word. Besides being used in nearly every home in England, they are used in Africa, India, Japan, Australia, New Zealand, France, Germany, America, in fact, the Pills are sent all over the world. What greater testimony would you require?

Remember, *Backache, Headache, Sleeplessness, Painful or Irregular Periods, Excessive or Scanty Periods, Constipation, Piles, Low Spirits, Languor, Melancholy, Hot Flushes, Dizziness, Tearfulness* and all other female ailments are symptoms that the system is out of order. Do not hesitate, take *Towle's Pennyroyal and Steel Pills* at once.

The period of a woman's life, known as the change of life, is often a period of great anxiety to the woman, who has a heavy feeling of apprehension that some ill will befall her. No doubt, by not preparing themselves for this critical period, many women have suffered severe illnesses, very often fatal, but by keeping the system at the proper tone and with necessary care, she will pass through the stage without any ill effects. In these cases *Towle's Pennyroyal and Steel Pills* are invaluable, and should on no account be omitted from the daily routine of life.

INVALUABLE TO LADIES

TOWLE'S



**PENNYROYAL
AND STEEL**

PILLS

Will quickly correct all irregularities, all obstructions, and relieve all distressing symptoms. The world knows no such preparation for ladies as this invaluable specific, justly called woman's unfailing friend. There is nothing to equal them, nor anything so widely known, having benefited the sex to an extent which can only be told by those who have suffered, and experienced their priceless value. Regularly used and implicitly trusted. Eighty-four years' reputation. The oldest and only reliable remedy.

Every woman admits the necessity of keeping well in health, both for her own sake and that of her family and friends, to say nothing of looking well. The irregularities and obstructions to which so many ladies are subject, and from which they suffer great inconvenience, calls for a reliable remedy that will correct the system and assist nature in her work.

**TOWLE'S PENNYROYAL
AND STEEL PILLS**

Have proved invaluable to thousands of women the wide world over, for upwards of eighty-four years. They are looked upon as a necessity to the proper fulfilment of a woman's duties. After suffering from various distressing complaints, and regaining strength, healthfulness, and brightness of spirits, she gladly admits that *Towle's Pills* are a blessing. For the prevention and removal of Sick Headaches, Whites, Sallowiness of the Skin, Depression of Spirits, Languor, Lassitude, Hysteria and kindred complaints, they are particularly recommended.

TOWLE'S PILLS

These Pills are so widely known and so profoundly appreciated that many attempts have been made to imitate them. It is necessary, therefore, to ask for and see that you get **TOWLE'S PENNYROYAL and STEEL PILLS** and to insist upon having them and none other.

Prepared only by the Sole Proprietors:
E. T. TOWLE & CO. Ltd.,
Manufacturing Chemists,
Nottingham, England.



And sold in boxes at $1/1\frac{1}{2}$, $2/9$ (the latter containing three times the quantity of the former) and $4/6$, of all Chemists, Stores, or from the Sole Proprietors upon receipt of P.O. for $1/2$, $2/10$, and $4/8$.

CAUTION!

Immediate proceedings will be taken against all persons pirating the Title, Name or Trade Mark.

IMPORTANT NOTICE!

TOWLE'S Patent Pink-coated

EXTRA STRONG
PENNYROYAL and STEEL PILLS

FOR LADIES.



Price 4/6 Pink ; 7/6, and 11/- Brown per Box.

Postage 2d. extra.

OBTAINED FROM ALL CHEMISTS.



E. T. TOWLE & CO. LTD.
++ Manufacturing Chemists, ++
NOTTINGHAM, Eng. + + +

TOWLE'S FAMOUS

FEMALE x x

CORRECTIVE

MIXTURE x

GUARANTEED HARMLESS.

RECOMMENDED by medical men as the best known remedy for Anæmia, Giddiness, Fulness and Swelling after meals, Loss of Appetite, Palpitation of the Heart, Debility, Depression, Weakness, Irregularity, and all Female Ailments to which the system is so prone.

This Mixture is used by thousands, as it is the best safest, and most effectual Mixture ever submitted to the public. It seldom fails to give relief in obstinate cases.

Price 7/6, 11/=-, and 22/=-. Postage 4d. extra.

ORIGINAL TESTIMONIALS.

ASHFORD.

Will you kindly send me one of your booklets for married women? I am taking your pills and find they are very fine things.

* * *

HUDDERSFIELD, 1910.

I have taken Towle's Pills, and find them invaluable.

* * *

LONDON, E., 1910.

Having tried your Pills, I find they are the best remedy I have ever tried.

* * *

CLACTON-ON-SEA.

The Countess———would be much obliged if Mr. Towle would forward per return to the above address one box of his extra strong Steel Penny-royal Pills as advertised in small boxes, her ladyship has derived much benefit from Mr. Towle's ordinary pills, and thinks them invaluable for women's and girls' complaints.

* * *

BOURNEMOUTH, 1910.

Your Pills have proved most effectual; please accept my sincere gratitude. I shall certainly recommend them whenever I have an opportunity.

* * *

WIMBLEDON, 1910.

I have taken your Pills for years, and found them very good.

CHELTENHAM

Dear Sir,—I am pleased to say that your Pills have had the desired effect, so that I shall not need the stronger Pill. I must again thank you for your advice, and shall always bear testimony respecting the Pennyroyal.

* * *

ATHERTON.

Dear Sir,—Will you please send me one of your booklets on as soon as you can and I shall be very pleased. I have tried your Pills very often, and find them a great benefit to me.

* * *

BEDFORD.

Would you kindly forward at your earliest convenience one box of pills, for which I enclose stamps. I have had them before and found them splendid. My friends to whom I have recommended them speak highly of them.

*

KETTERING

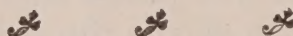
Dear Sir,—I feel it a duty that I owe you to write and tell you that the Pills you so kindly sent me have proved most effectual, so please accept my sincerest gratitude. I will always recommend them, for they are so reliable.

* *

BECKS.

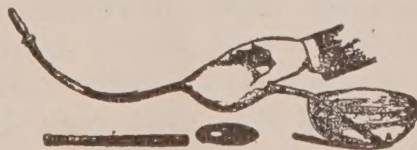
I am writing to thank you for your Pills, which have done me such a lot of good.

TOWLE'S IMPROVED SEAMLESS ENEMA SYRINGES



Directions for use.—Before inserting the pipe, place the metal valve in the fluid, and compress the bulb a few times until all air is expelled, and the fluid flows freely.

Directions for Cleansing.—Place the metal valve in clean water, and compress the bulb several times; then hold the Enema perpendicularly with the pipe downwards, so as to allow the water to run out of its own accord.



These Enema Syringes are guaranteed to be British manufactured of the very best rubber, with finest quality fittings.

They are indispensable in every household, and invaluable to ladies.

Arabesque, 5/6 ; Green, 3/6 ; Black, 2/9.

To be obtained only direct from the Sole Proprietors.

DOUCHES.

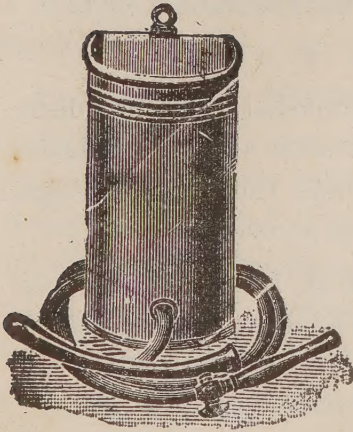


Fig. 9.

Bronze.

2-pint ..	..	..	3/- each.
4-pint ..	..	..	3/6 each.

Bronze and Glass.

2-pint ..	..	..	4/= each.
4-pint ..	..	..	5/- each.

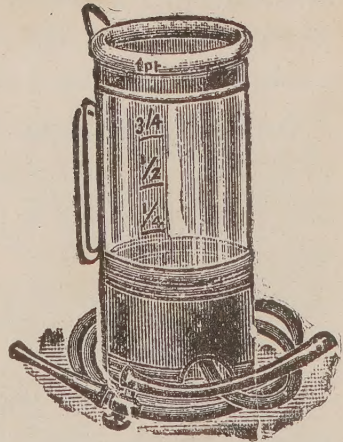


Fig. 10.

Each complete with 6-feet Best Grey Tubing and Vulcanite Fittings, in Blue Cloth-covered box, Silver blocked.

ANTISEPTIC TABLETS.

A non-poisonous, non-corrosive, odourless, antiseptic disinfectant deodorant. For making a reliable antiseptic solution of definite strength. To be used with the enema syringe, highly recommended by surgeons and accoucheurs.

Tender, Hot, and Perspiring Feet. The Fœtid emanations from perspiring feet are removed, and the natural action of the skin promoted by the use of two tablets to a foot-bath, two gallons of warm water every night and morning, or when required.

N.B.—Keep the feet dry; wear in turn two pairs of easy shoes (not boots, and not of patent leather), and change stockings frequently.

Children's Baths (*One tablet to a bath*). The daily use of these baths in the nursery strongly enjoined by physicians and qualified nurses, as it ensures removal of impurities and secretions of the skin. It allays the irritation of the most delicate skin, while it is harmless if swallowed, and does not make the eyes smart.

Infants' Feeding Bottles. As soon as the feeding bottle is empty, rinse it once or twice with clean water, and then put it to soak in dilute Fluid (half Tablet to the pint of water). The perfect method of ensuring purity is to have two bottles—one soaking in the Fluid, while the other is in use.

Antiseptic Tablets—(con.).

Vaginal Injection. One tablet dissolved in a pint of tepid water makes a highly antiseptic solution for syringing.

Leucorrhœa (Whites) and similar Discharges. Lotion, one tablet to a pint of tepid water. Wash and inject repeatedly with the lotion. When ulceration exists or is suspected from what comes away, increase the strength with another tablet to the pint of water.

To disinfect water-closets, bed-pans, urinals, sinks, drains sewers, &c. Three tablets to a pail or bucket of water.

Confinements, Midwifery, and Puerperal Fever. The Routine Injection and Wash. Two tablets to a quart of blood-warm water. Use the above whenever the parts are washed. By using our *Special Enema Syringe*, give a copious injection of the same three or four times in the twenty-four hours, or if there be fever, as often as is consistent with the patient's due repose. Lying-in patients are extremely liable to puerperal fever and other forms of infection. Cleanliness and pure air in the room are of the utmost importance. Bedding and body-linen should be clean and frequently changed, and all soiled linen and diapers at once plunged into a pail of diluted fluid (two tablets to a pail or bucket full of water) so as to prevent their polluting the air. A basin of diluted fluid (two tablets in a basin full of water) should stand ready for the nurse and doctor to purify their hands in before and after touching the patient.

Price 6d., 1/=-, and 2/=- per box.

To be obtained only direct from the Sole Proprietors.

Towle's Toilet Towels

FOR LADIES (REGISTERED).

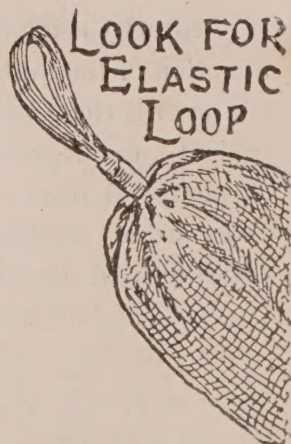
Extra absorbent. Highly antiseptic. You can provide against emergency when visiting or travelling, as they take up so little space in packing. Purest materials and careful treatment do away with all uncertainty, risk, and disappointment. Compare Towle's Toilet Towels with any other make, and test their coolness and added comfort in wear for yourself.

They secure your comfort. Numbers of women continually suffer much needless discomfort for want of properly made reliable toilet towels. Why go on wearing old-fashioned, heavy, cumbersome diapers, or harsh unsatisfactory, so-called sanitary towels? For the same price as on inferior makes, you can realise the pleasure of increased comfort and greater convenience by wearing Towle's Toilet Towels.

A few of their Special Advantages—

The better quality of net covering, the finer and softer filling used in their manufacture, make them more readily absorptive and not likely to become uncomfortable or irritating. Improved ends, which, made of elastic, allow of greater freedom to the wearer, without risk of breaking through any extra strain.

They are easily and quickly attached to the suspenders, and can be worn for a longer time without discomfort if changing is not convenient. Invaluable when travelling. Their increased antiseptic quality (not in name only, but in reality) obviate all unpleasantness or bad odour if not quickly burned.



Prices **6d.**, **1/-**, **1/6**, **2/-**, and **2/6** per dozen.

Packed strictly private, and sent free from observation by post **3d.** extra per dozen.

To be obtained only direct from the Sole Proprietors.

Towle's Hair Restorer.

What does this mean to, you ? It is in every woman's hands to preserve or destroy the gifts with which nature has endowed her. *Towle's Hair Restorer restores.* Her hair is one of the most precious of her charms, and like everything of value, *must* be taken great care of. *Towle's Hair Restorer restores.* Yet how many injure this beautiful and delicate ornament by burning it with alcohol and caustic washes, or plaster it with grease. *Towle's Hair Restorer restores.* A woman's hair is her "crown of glory." Is it to be kept beautiful and lustrous or to be allowed to get dull and colourless ? *Towle's Hair Restorer restores.* This is a question which every woman will answer for herself. *Towle's Hair Restorer restores.*

But it does more. It is an unrivalled Hair Dressing and especially adapted to its various conditions. It does not dye the hair, like most of the advertised restoratives, but it produces a gradual change of colour from the roots to the final end, and gives it a fine glossy appearance. This applies to men's hair also.



Sample Bottles 1/..

Large Bottles 2/6 each.

Postage 3d. extra.

Towle's Hair Restorer does more, it prevents the hair from falling off. It provides healthy and luxuriant growth. It does not soil or stain linen. It has a beautiful aroma and is entirely free from disagreeable odour. It is perfectly harmless to the most sensitive skin. It softens the hair when hard and dry. It soothes the irritated scalp and skin. It gives the richest lustre to the hair. It remains longest in effect. It is admitted by all who have used it and benefited by it to be *the only remedy for a grey head,* and is universally recognised by men and women as the *best Hair Colour Restorer* in the world.

Don't spoil your good looks ! So much depends upon the beautiful lustrous effect of a woman's hair, that she is naturally anxious to preserve its rich appearance at the cost of a little extra trouble.

Towle's Hair Restorer does not dye the hair, but produces a gradual change of colour, and gives it a fine glossy appearance. This also applies to men's hair, for which it is an unrivalled dressing.

To be obtained only direct from the Sole Proprietors.

Sole Proprietors: E. T. Towle & Co. Ltd., Mnfgr. Chemists Nottingham, Eng.

Silk, Elastic, and Cotton Stockings, Knee Caps, Leggings, Wristlets, etc.

ALL QUALITIES KEPT.

PARTICULARS SENT ON APPLICATION.

Directions for Measurement.

In taking the measurement of circumference give at the same time the measure of length at each circumference taken, always from the floor in case of Stockings and Anklets; the length of the foot part should be given separately, excluding the heel. The length for articles above the knee should be divided, giving the proper length above and below the centre of the patella.

Deduction for pressure is always made unless otherwise ordered.

For ANKLET—Circumference at C, D and E, and lengths as above stated.

For ELBOW—Circumference at the joint, above it, below it, and length.

For KNEE CAP—Circumference at A, F, and G, and length as above.

For KNEE-LEG—Circumference at G, F, A, B, K, and C, and length as above.

For KNEE & THIGH—Circumference at I, H, G, F, and A. and length as above.

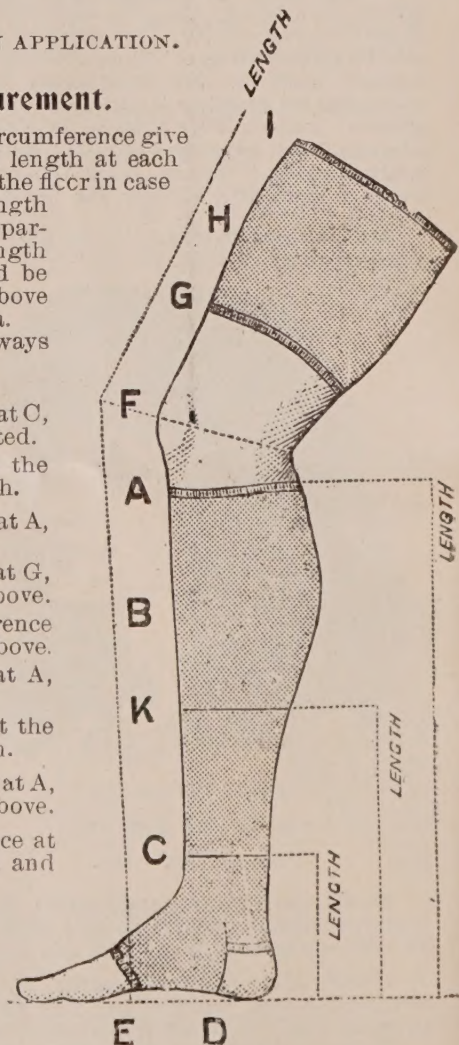
For LEGGING—Circumference at A, B, K, and C, and length.

For MITTEN—Circumference at the knuckles and at wrist, and length.

For STOCKING—Circumference at A, B, K, C, D, and E, and length as above.

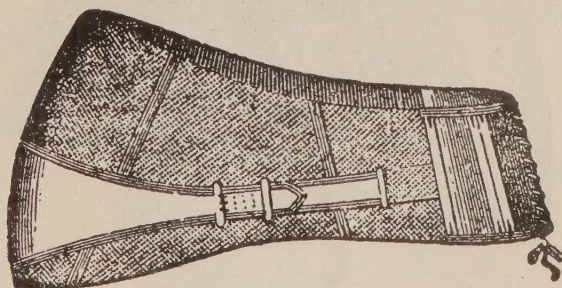
For THIGH HOSE—Circumference at I, H, G, F, A, B, K, C, D, and E, and length.

For THIGH-PIECE—Circumference at I, H, & G. and length



FOR A BELT.—Circumference at top, middle, bottom, and depth in front and at back.

All sizes in stock up to 38-inches.



BELTS for Kidney Displacement.

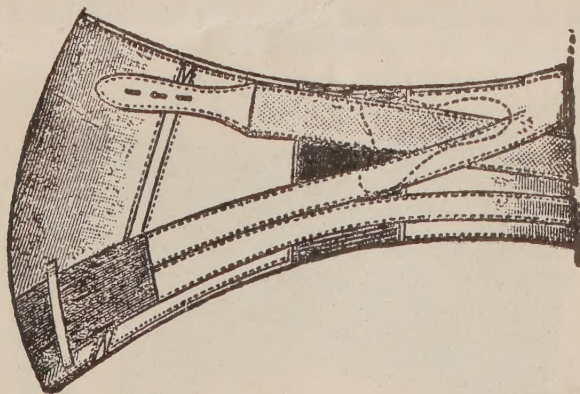
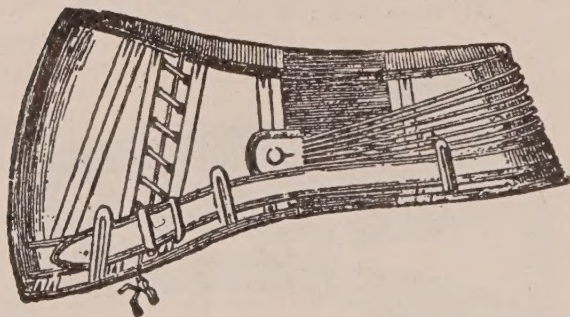


Fig. 3.

- No. 4. In White or Drab Sateen, Cotton Elastic Web sides, with single pad **13/6** each.
- No. 5. In Mohair, Silk Elastic Web sides, with single pad **16/=** each.

ABDOMINAL BELTS.

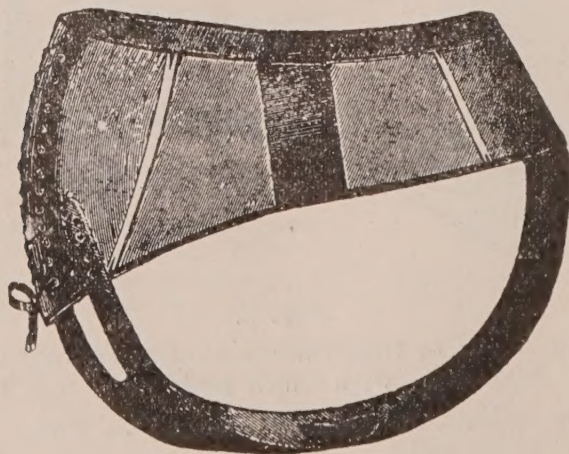
Fig. 4



- No. 6. Fine Silk Woven sides, best finish, laced both sides 21/= each.
- No. 7. Cotton Elastic Web insertions, White, Drab, Slate, or Pink Sateen, laced both sides 12/= each.
- No. 8. White or Drab Drill, Cotton Elastic Web insertions, laced left 7/= each.

For Prolapsus Uteri.

Fig. 5.



- No. 9. Drab Sateen, Cotton Elastic sides .. 12/= each.
- No. 10. Drab Sateen, Cotton Elastic front .. 14/6 each

ABDOMINAL BELTS.

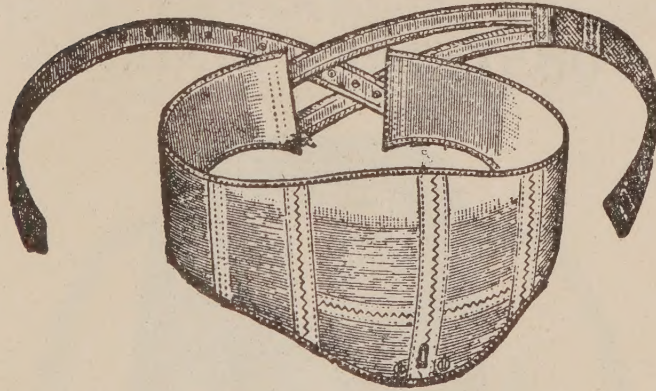


Fig. 6.

- | | | |
|---------|--|-----------|
| No. 11. | Drab Sateen, Elastic Strap to buckle in front, no elastic at sides | 6/= each. |
| No. 12. | Grey or Scarlet Flannel, for warmth | 4/6 each. |
| No. 13. | Drab Sateen, Cotton Elastic insertions in sides and strap | 8/6 each. |

CHILDREN'S UMBILICAL BELTS.

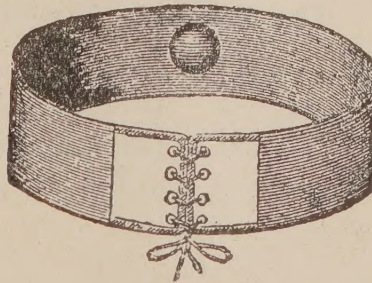


Fig. 7.

- | | | |
|---------|--|-----------|
| No. 14. | In 2½-inch Elastic, or 3-inch Elastic .. | 1/3 each |
| No. 15. | In 2-inch Stout Web | 1/6 each. |
- Better quality on application.*

OBSTETRIC BINDERS.

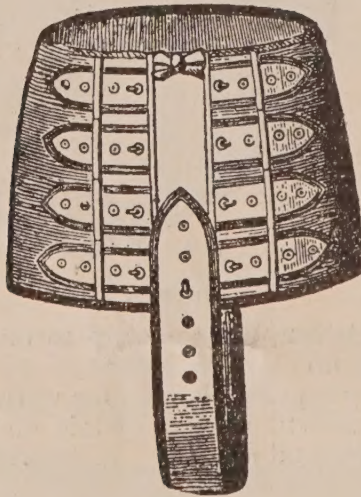


Fig. 8.

The Ordinary Binder.

No. 16.	In White, Cream, or Drab	..	..	4/6 each.
No. 17.	Ditto	to buckle	..	6/= each.
No. 18.	Ditto	best quality	..	6/6 each.
No. 19.	Ditto	in Linen	..	7/= each.

CHEST EXPANDING BRACES.

FOR LADIES OR CHILDREN—in three sizes

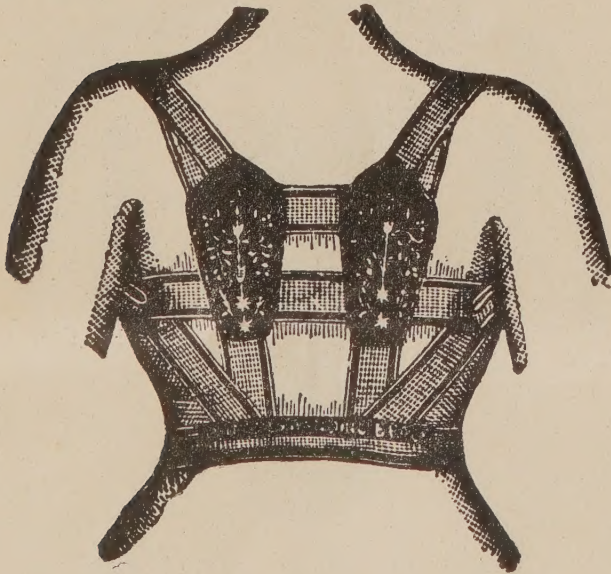


Fig. 1.

No. 1.	Best Light Calf	7/- each.
No. 2.	With sliding rings, very light ..	4/- each.

BACK SUPPORTS.

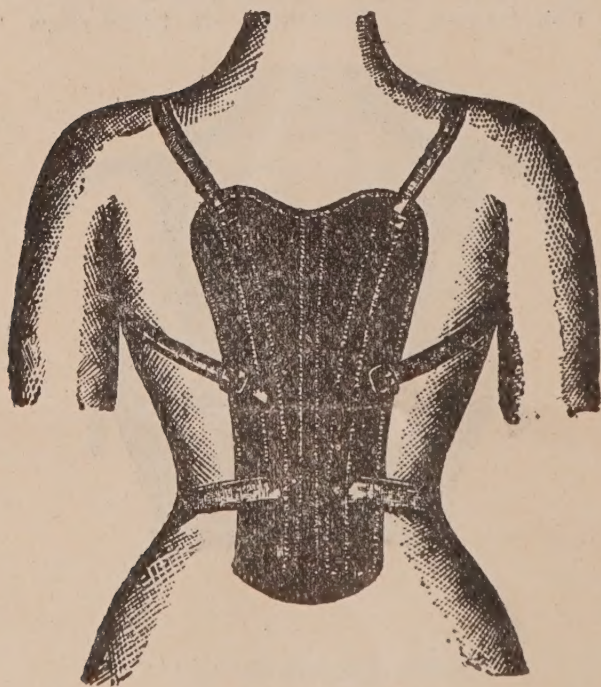


Fig. 2.

No. 3. For Ladies or Children, in Drab .. 3/= each.

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